

Jack Haire, 47, attended Furman University 1976-1978, and graduated from UGA, 1980, BBA. Moved to Dawsonville in 1983 and relocated to Gainesville in 1995. Married to Sharon and have one daughter Shannon (13) who attends North Hall Middle School.

**Running History:**

I swam at Furman, and one year at UGA (knee surgery from flag football forced me to quit my senior year). I began running my senior year at UGA after completing rehab. First race 1978 (Coopers Miller Lite 10K, Athens, GA) First Peachtree Road Race I ran was 1978. First triathlon was Bud Light US Tri Series at Stone Mtn in 1982. First and only marathon was the Revco Cleveland Marathon, 1997, 3:04.

**Goals:** Continue to be injury free. I have had 3 knee surgeries on the right knee - including a torn ACL. No knee surgery was attributed to running - all were the result from recreational sports (basketball and flag football). I use cross training to keep my running mileage down to avoid stress on the knee. My maximum running mileage is no more than 20 to 30 miles per week and has been that way since I started in 1978. I believe in the tried and true training philosophy of speed work one day per week and one long run per week (my long run is 60 to 90 min). I swim at Brenau University (usually 4-5 days per week with a group of ex college swimmers, we average 2000 to 3000 yards per day) Bicycling includes mountain biking once or twice a week because it is really fun! (12- 18 miles per session) and one road session on the weekend (40 to 55 miles) followed by a transition run of 3 miles.

**Other Goals :** I would like to see if I could break 37:00 at Peachtree one more time. Would like to coach cross country or swimming in the near future. Continue to race 4-5 major Olympic triathlons every year.

**Favorite Race:** Peachtree - 25 time finisher. Also, the Tsali Challenge in NC - 5K flat water paddle, 5 mi trail run, and 15 mi mountain bike) The Tsali area is beautiful and one of the most scenic mountain bike trails in the US.

**Place to Run:** Bolding Mill Park in the Sardis area. Campground area is nice to run, combined with Cool Springs Rd. that has long straight ways with good sight lines for traffic. Bolding Mill Park up Cool Springs Rd to Price Rd. (Hwy 136) is 5 miles one way. The park is on the lake which makes for a nice swim after a run. There is an island just off the boat ramp that is 1/2 mile around and safe to swim for open water.

**Running Comments:** Gainesville, in my opinion, has some of the best masters runners in the state of GA especially with some of our new members like Wes Wessely and Jamey Yon. I believe we have the opportunity as a running club to assist/mentor the many talented high school runners in our area. The young runners in our area high schools have unbelievable potential.

**Running Heroes:** Benny Hawkins and Tom Dooley. They are gentlemen, and always fun to run with. Their longevity in running and their accomplishments in masters running has been an inspiration to me.